PARABODY INC.

SELECTORIZED LAT MACHINE
458

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- **9/16 INCH SOCKET**
- **ADJUSTABLE WRENCH**
- **HAMMER or RUBBER MALLET**

REVISION: F

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

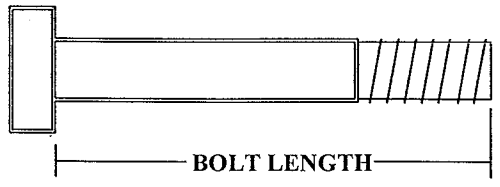
458 SELECTORIZED LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

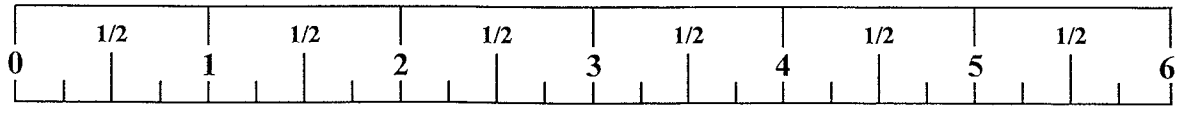
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	12
2.	3/8 X 2-3/4 IN. BOLT	2
3.	3/8 X 2-1/2 IN. BOLT	1
4.	3/8 X 2-1/4 IN. BOLT	2
5.	3/8 X 1-3/4 IN. BOLT	2
6.	3/8 X 1-1/2 IN. BOLT	1
7.	1/2 IN. WASHER	4
8.	3/8 IN. LOCK WASHER	20
9.	3/8 IN. WASHER	16
10.	3/8 IN. NUT	17
11.	5/16 IN. SNAP HOOK	3
12.	STAR LOCK COLLAR	2
13.	WEIGHT STACK PIN	1
14.	CABLE RETAINING CLIP	1
15.	SPACER	9
16.	KNOB	1
17.	PLUNGER	1
18.	SPRING	1
19.	COTTER PIN	1
20.	1-1/2 X 2-1/2 IN. END CAP	2
21.	2 IN. SQ. END CAP	1
22.	1-3/4 IN. SQ. END CAP	1
23.	1-1/2 IN. SQ. END CAP	1
24.	ROD END COVER	2
25.	RUBBER O-RING	2
26.	1 X 8 IN. GRIP	4
27.	WEIGHT PLATE BUSHING	40
28.	WEIGHT STACK CUSHION	2
29.	PARAGLIDE STRIPS	16
30.	2-1/2 X 5-1/2 IN. NON SKID STRIP	2
31.	GUIDE ROD PIN	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PBF458 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

29. To install **SECONDARY CABLE**, start by inserting the end of the **CABLE** without the **BALL** under the **FRONT PULLEY** in the **LOW ROW PULLEY HOUSING** on the **FRONT UPRIGHT**.

- Pull the **CABLE** under the **FRONT PULLEY** and through the **HOLE** of the **FRONT UPRIGHT** to the **REAR PULLEY** on the opposite side. Pull the **CABLE** until the **WHITE BALL** stops against the **FRONT PULLEY** and the **LOW ROW PULLEY HOUSING**.

- Pull the **CABLE** around the **REAR PULLEY** and up to the **SECOND PULLEY** on the **PULLEY BLOCK SYSTEM. (NOTE: THE CABLE MUST BE ROUTED AROUND THE SECOND PULLEY FROM THE REAR TO THE FRONT. SEE CABLE ROUTING DIAGRAM) (DETAIL D)**

- Pull the **CABLE** around the **SECOND PULLEY** of the **PULLEY BLOCK SYSTEM** and down to the **HOLE** above the **REAR PULLEY** on the **FRONT UPRIGHT**. Attach the end of the **CABLE** to the **FRONT UPRIGHT**, using one (1) 3/8 X 2-1/2 IN. BOLT, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER and one (1) 3/8 IN. NUT. **(SEE CABLE ROUTING DIAGRAM ON DRAWING) (DETAIL D)**

30. **TIGHTEN ALL LOOSE PULLEY CONNECTIONS MADE TO THIS POINT.**

31. Slide four (4) 1 X 8 IN. GRIPS over both ends of the **LAT BAR**, and the **LOW ROW BAR. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE.)**

32. Attach the **LAT BAR** to the **PRIMARY CABLE**, using one (1) 5/16 IN. SNAP HOOK. **(SEE DETAIL D)**

33. Attach two (2) 5/16 IN. SNAP HOOKS to each end of the **24 LINK CHAIN**, and attach it to the **LOW ROW BAR**. When doing **LOW PULLEY EXERCISES** simply attach the **CHAIN** to the **SECONDARY CABLE** and adjust the **LOW ROW BAR** on the **CHAIN LINKS**.

34. Use one (1) WEIGHT STACK PIN to adjust the desired number of **WEIGHT PLATES** on the **WEIGHT STACK**.

!!! WARNING !!!
MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES

!!! WARNING !!!
DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES

!!! WARNING !!!
THE LAT BAR IS NOT TO BE USED FOR PULL-UPS

PBF458 SELECTORIZED LAT MACHINE ASSEMBLY INSTRUCTIONS

19. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK. (SEE DRAWING)**

20. Slide two (2) RUBBER O-RINGS over each **GUIDE ROD.**

21. Position the **GUIDE RODS** under the **GUIDE ROD BRACKET** of the **TOP BOOM,** and hold in place using two (2) GUIDE ROD PINS. **(SEE DETAIL F)**

22. Slide the two (2) RUBBER O-RINGS up the **GUIDE RODS** to the **GUIDE ROD BRACKET** of the **TOP BOOM.**

23. **LOOSELY** Assemble four (4) 3-1/2 X 1 IN. BUSHING PULLEYS into the **TOP BOOM,** using four (4) 3/8 X 3 IN. BOLTS, EIGHT (8) SPACERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. **(SEE DRAWING)**

24. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**

25. Attach the WEIGHT STACK LABELS (designated #15 to #205) to the **WEIGHT STACK PLATES. (SEE DETAIL B)**

26. Attach the **SEAT PAD** to the **SEAT SUPPORT TUBE** of the **FRONT UPRIGHT,** using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(NOTE: THE SEAT PAD SHOULD EXTEND BEYOND THE SEAT SUPPORT TUBE BY APPROXIMATELY ONE INCH)**

27. To assemble the **PULLEY BLOCK SYSTEM,** assemble two (2) **PAINTED CONNECTORS** around two (2) 3-1/2 O.D. X 1 IN. BUSHING PULLEYS, using two (2) 3/8 X 2-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS and two (2) 3/8 IN. NUTS. **(NOTE: THE HOLES IN THE PAINTED CONNECTORS ARE OVAL, MAKE SURE THAT THE PULLEYS ARE AT THE MAXIMUM WIDTH SEE DETAIL C)**

28. To install the **PRIMARY CABLE,** start by inserting the end of the **CABLE** with the **THREADED FITTING** between the **TOP PULLEY** and the **LAT BAR HOOK** on the **TOP BOOM. (REMOVE PULLEY FOR EASE OF INSTALLATION)**

- Pull **CABLE** over **TOP PULLEY** until the **WHITE BALL** stops against the **PULLEY** and the **LAT BAR HOLDER.**

- Pull **CABLE** over and down the **SECOND PULLEY** on the **TOP BOOM.** Run the **CABLE** around one **PULLEY** of the **PULLEY BLOCK SYSTEM** and up to the **THIRD PULLEY** on the **TOP BOOM.**

- Pull **CABLE** over the **THIRD PULLEY,** and over and down the **FORTH PULLEY** above the **WEIGHT STACK.** Attach the **CABLE** to the **HEAD PLATE ASSEMBLY** by threading the **STUD** into the **WEIGHT STACK SHAFT** and tighten completely. **(SEE CABLE ROUTING DIAGRAM ON DRAWING) (DETAIL D)**

PBF458 SELECTORIZED LAT MACHINE ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BASE	**(PB2628-1)**	1
2.	FRONT UPRIGHT	**(PB2631-1)**	1
3.	REAR UPRIGHT	**(PB2430-1)**	1
4.	ADJUSTABLE ROLLER PAD SLIDE	**(PB2438-1)**	1
5.	GUIDE ROD	**(PB2443-1)**	2
6.	TOP BOOM	**(PB2633-1)**	1
7.	LAT BAR	**(PB2753-1)**	1
8.	LOW ROW BAR	**(PB3897-1)**	1
9.	PAINTED CONNECTOR	**(PB0137-1)**	2
10.	SEAT PAD	**(PB2910-1)**	1
11.	4 X 7 IN. ROLLER PAD	**(PB1946-1)**	2
12.	WEIGHT STACK LABELS	**(PB2468-1)**	1
13.	PRIMARY CABLE	**(PB2629-1)**	1
14.	SECONDARY CABLE	**(PB2449-1)**	1
15.	24 LINK CHAIN	**(PB0759-5)**	1
16.	WEIGHT STACK SHAFT	**(PB2845-1)**	1
17.	HEAD WEIGHT PLATE	**(PB2230-1)**	1
18.	WEIGHT PLATE	**(PB2145-1)**	20
19.	3-1/2 O.D. X 1 IN. BUSHING PULLEY	**(C1162-1)**	6
20.	4-1/2 O.D. X 1 IN. BUSHING PULLEY	**(C1161-1)**	2

IMPORTANT:

- **THE PARABODY SELECTORIZED LAT MACHINE MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.**
- **PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.**

*** IMPORTANT ***
KEEP ALL LOOSE FRAME CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert one (1) 2 IN. SQ. END CAP into the front end of the **BASE SECTION**, and two (2) 1-1/2 X 2-1/2 IN. END CAPS into the ends of the **BASE LEG**.

2. Apply two (2) 2-1/2 X 5-1/2 IN. NON SKID STRIPS to the **FOOT BRACE TUBE** on the **BASE SECTION** as shown on drawing.

3. **LOOSELY** assemble the **REAR UPRIGHT** to the **BASE SECTION**, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

4. **LOOSELY** assemble the **FRONT UPRIGHT** to the **BASE SECTION**, using two (2) 3/8 X 3 IN. BOLTS, four (4) 3/8 IN. WASHERS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. NUTS.

5. Insert one (1) 1-3/4 IN. SQ. END CAP into the end of the **SEAT SUPPORT TUBE** on the **FRONT UPRIGHT**.

6. **LOOSELY** attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY to the **LOW ROW PULLEY HOUSING**, on the **FRONT UPRIGHT**, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DRAWING)**

7. **LOOSELY** attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY, and one (1) **CABLE RETAINING CLIP** to the **PULLEY BRACKET** on the **FRONT UPRIGHT**, using one (1) 3/8 X 1-3/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DRAWING)**

8. Attach eight (16) PARAGLIDE STRIPS **(TWO AT EACH CORNER)** to the **ADJUSTABLE ROLLER PAD SLIDE** as shown in **(DETAIL A)** using the following steps:

   A. Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.

   B. Remove the paper backing from the PARAGLIDE STRIPS and firmly apply them to all shown surfaces (16 places).

9. Attach two (2) 4 X 7 IN. ROLLER PADS to the **ADJUSTABLE ROLLER PAD SLIDE** using two (2) STAR LOCK COLLARS.

10. Assemble the SPRING PIN ASSEMBLY to the **ADJUSTABLE ROLLER PAD SLIDE**, using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN, using the following steps:

    A. Assemble the KNOB to the PLUNGER.
    B. Insert the PLUNGER through the first hole of the HOUSING.
    C. Slip the SPRING and the SPACER over the end of the PLUNGER. **(IN THAT ORDER)**
    D. Insert the PLUNGER through the second hole of the HOUSING.
    E. Pull back SPACER on the PLUNGER and insert the COTTER PIN through the hole.
    F. **(SEE DETAIL A)**

11. Insert one (1) 1-1/2 IN. SQ. END CAP into the top end of SPRING PIN HOUSING on the **ADJUSTABLE ROLLER PAD SLIDE. (SEE DETAIL A)**

12. Slide the **ADJUSTABLE ROLLER PAD SLIDE** down over the **FRONT UPRIGHT**, and engage the SPRING PIN into any adjustment hole.

13. Slide the two (2) ROD END COVERS over the ends of the **LAT BAR HOLDER** on the **TOP BOOM.**

14. **LOOSELY** assemble the **TOP BOOM** to the **REAR** and **FRONT UPRIGHTS**, using four (4) 3/8 X 3 IN. BOLTS, four (4) 1/2 IN. WASHERS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. NUTS. **(NOTE: THE FOUR (4) 1/2 IN. WASHERS ARE TO BE USED IN BETWEEN THE TOP BOOM AND THE FRONT UPRIGHT ON BOTH SIDES)**

15. **SECURELY** assemble the **WEIGHT STACK SHAFT** into the **HEAD PLATE** using one (1) 3/8 X 1-1/2 IN. BOLT one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.

16. Press two (2) WEIGHT PLATE BUSHINGS each, into the top of twenty (20) **WEIGHT PLATES.** (40 BUSHINGS TOTAL) **(SEE DETAIL B)**

17. Place each of the two (2) WEIGHT STACK CUSHIONS **(RADIUS EDGES FACING UP)** over the **GUIDE ROD HOLES** on the **BASE SECTION**. Insert each of the two (2) **GUIDE RODS** through the WEIGHT STACK CUSHIONS and into the **BASE SECTION. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES)**

18. **USING EXTREME CARE**, slide each of the twenty (20) **WEIGHT PLATES** down over the **GUIDE RODS** onto the **BASE SECTION. (NOTE: THE KEY HOLE OF THE WEIGHT PLATES SHOULD ALL BE FACING THE SAME WAY SEE DRAWING)**

DASH NO	DESCRIPTION
-0001	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE	1972	[illegible]	11/22/93
B	ADD DETAIL "F"	2158	[illegible]	11/93

WEIGHT PLATE BUSHINGS (2 PER PLATE)

10 LB. WEIGHT PLATE (20)

15
25
35
45
205

WEIGHT STACK PIN

NOTE: TURN 90° PUSH AND TURN BACK 90° TO LOCK PIN IN THE DESIRED PLATE.

WEIGHT STACK LABELS

DETAIL "B"

1½ SQ. END CAP

SPACER

COTTER PIN

SPRING

PARAGLIDE STRIPS (16)

PLUNGER

KNOB

ADJUSTABLE ROLLER PAD SLIDE

DETAIL "A"

STARLOCK COLLAR (2)

ROLLER PAD (2)

SEE DETAIL "A"

ADJUSTABLE ROLLER PAD SLIDE

3½ O.D. X 1 IN. BUSHING PULLEY (2)

3/8 X 2 1/4 BOLT (2)

3/8 WASHER (2)

3/8 LOCKWASHER

3/8 NUT (2)

3/8 WASHER (2)

DETAIL "C"

PRIMARY CABLE

USE SNAP HOOK FOR CONNECTION

LAT BAR

5/16 SNAP HOOK

1 X 8 GRIPS (2)

DETAIL "E"

SEE DETAIL "C"

CAUTION: MAKE SURE SNAP HOOK IS FASTENED BEFORE DOING EXERCISES

3/8 WASHER

3/8 LOCKWASHER

3/8 NUT

3/8 X 2½ BOLT

USE SNAP HOOK FOR CONNECTION

24 LINK CHAIN

LOW ROW BAR

1 X 8 GRIPS (2)

SECONDARY CABLE

DETAIL "D"

TOP BOOM

3½ O.D. X 1 IN. BUSHING PULLEY (4)

SPACER (8)

3/8 X 3 BOLT (2)

3/8 X 3 BOLT (4)

3/8 X 3 BOLT (2)

3/8 LOCKWASHER (2)

3/8 NUT (2)

LAT BAR WARNING LABEL

BODYSMITH

3/8 LOCKWASHER (2)

3/8 NUT (2)

3/8 LOCKWASHER (4)

3/8 NUT (4)

BODYSMITH LOGO (BOTH SIDES)

ROD END COVER (2)

RUBBER O-RING (2)

WEIGHT STACK SHAFT

GUIDE ROD (2) SEE DETAIL "F" (B)

REAR UPRIGHT

SEE DETAIL "B"

1/2 WASHER (4)

3/8 X 1½ BOLT

3/8 LOCKWASHER

3/8 WASHER

FRONT UPRIGHT

WEIGHT STACK PIN

GUIDE ROD PIN (2)

TOP BOOM

O-RING (2)

GUIDE ROD (2)

DETAIL "F" (B)

3/8 NUT (2)

3/8 LOCKWASHER (2)

3/8 WASHER (2)

SEAT PAD

3/8 X 1 3/4 BOLT

CABLE RETAINING CLIP

4½ O.D. X 1 IN. BUSHING PULLEY

3/8 LOCKWASHER

3/8 NUT

3/8 LOCKWASHER (2)

1 3/4 SQ. END CAP

3/8 X 1 3/4 BOLT

3/8 NUT

3/8 LOCKWASHER

4½ O.D. X 1 IN. BUSHING PULLEY

3/8 WASHER (2)

3/8 X 2 3/4 BOLT (2)

SERIAL NUMBER

3/8 NUT (2)

3/8 LOCKWASHER (2)

3/8 WASHER (2)

WEIGHT STACK CUSHION (2)

3/8 WASHER (2)

3/8 X 3 BOLT (2)

1½ X 2½ END CAP (2)

2½ X 5½ NON SKID STRIP (2)

WARNING LABEL

U.S.A.

2 SQ. END CAP

BASE

3/8 WASHER (2)

3/8 X 3 BOLT (2)

TOLERANCES (EXCEPT AS NOTED)	ParaBody, Inc. RAMSEY, MINNESOTA		
DECIMAL ±	TITLE: ASSY. INSTRUCTIONS SELECT LAT	DR J ERICKSON	12/30/92
FRACTIONAL ±		CHK'D [illegible]	2/1/93
ANGULAR ±		APP'D [illegible]	2/1/93
	SCALE 1/4	SIZE D	DRAWING NO. 458101
	SHEET 1 OF 1		